

Official OptiHealth Basketball Play Book

Court: OptiHealth Basketball is played on a regular basketball half-court that has a standard or adjustable backboard and basket (rim and net).

Equipment: 1 basketball and 11 markers (and 1 replacement net, if needed)

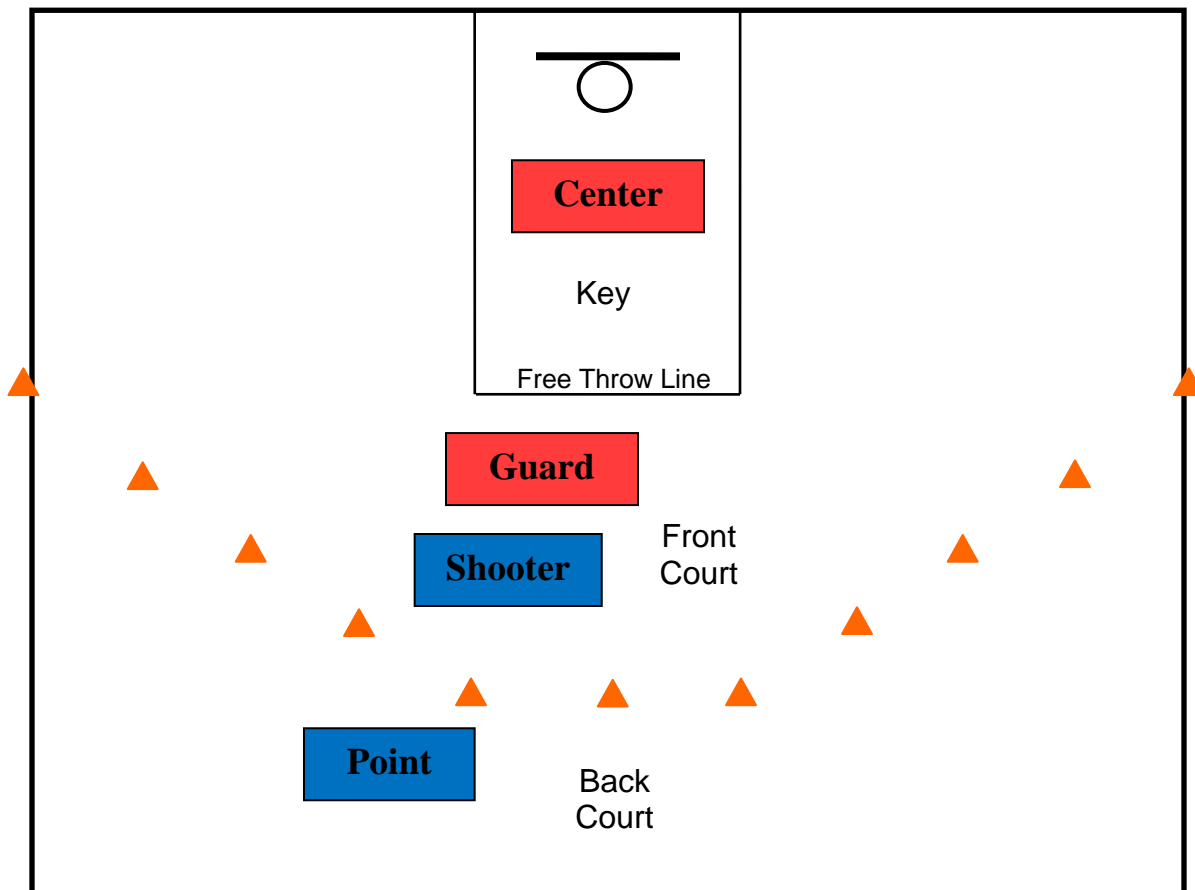
Player Positions: OptiHealth Basketball games are played by 4 players. Each player is assigned to a specific starting position and rotates through all the positions each game.

2 OFFENSIVE POSITIONS	2 DEFENSIVE POSITIONS
Point Shooter	Center Guard

Object of the Game: Players dribble, pass, catch, shoot, and rebound the basketball in order to score individual points on each play.

Play Time: Each game consists of 4 quarters. Each quarter consists of 5 plays for a total of 20 plays per game. The players rotate positions each quarter in order to participate in 5 plays in each of the 4 positions. An average of 45 seconds is allowed for each play. Each play involves the in-bounding of the ball and designated 2-on-2 play until a basket is scored. Each full game of 20 plays takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

Position Rotation: Players participate in 5 plays to complete a quarter, and then rotate to their next position. Players rotate in the following order: Point moves to Shooter, Shooter moves to Center, Center moves to Guard, and Guard moves to Point. A complete rotation through all 4 positions constitutes 1 game.



Cost: OptiHealth Basketball costs each player 1 Game Ticket for each 15-minute game (20 plays).

Description of Play

Point: The player in the Point position starts each play by passing the basketball from the middle of the Back Court to the Shooter. Then, the Point player can go anywhere in the Back Court at any time throughout the ensuing play, but he/she must remain in the Back Court only.

If during the play the Shooter passes the basketball back to the Point, the Point can go anywhere in the Back Court by dribbling the basketball as he/she moves. The Point tries to pass the basketball back to the shooter as soon as the Shooter is open. The Point is not allowed to make a direct shot attempt at the basket.

Shooter: The Shooter can go anywhere in the Front Court in order to get open for a pass from the Point, but he/she is not allowed to enter the Back Court at any time.

Upon gaining possession of the basketball, the Shooter can go anywhere in the Front Court and Key to get open for a shot at the basket. The Shooter always has the option to pass the basketball back to the Point.

If the Shooter makes a basket, the play is over. If the Shooter does not make a basket on his/her shot attempt, the Shooter tries to rebound the basketball. If the Shooter rebounds the basketball, play continues.

Center: The player in the Center position must remain inside the Key. The Center tries to prevent the Shooter from making an easy lay-up or short range shot from within the Key. The Center is not allowed to block shot attempts made by the Shooter. When the Shooter misses a shot at the basket, the Center attempts to rebound the basketball while remaining within the Key.

If the Center gains possession of the basketball, the Center must pass the basketball to the Guard. The Center is not allowed to dribble the basketball or make a shot at the basket.

Guard: The player in the Guard position can go anywhere in the Front and Back Court areas, but must stay outside the Key while trying to defend the Shooter or rebound a missed shot. The Guard may pass through the Key if he/she does not cause any interference on the Center or Shooter within the Key.

The Guard can gain possession of the basketball by 1) Intercepting the basketball when it is passed between the Point and Shooter, 2) Receiving a pass or tip by the Center from inside the Key having rebounded a missed shot, 3) Getting a rebound while in the Front Court, but outside of the Key, or 4) Recovering a loose ball in the Front or Back Courts.

The Guard is not allowed to steal the basketball while the Shooter or Point is dribbling or holding it (no reaching in). Also, the Guard is not allowed to block shot attempts made by the Shooter.

If the Guard gains possession of the basketball, play immediately stops. In this case, the Guard gets a "Free Throw" from the free throw line. During a Free Throw, the Shooter and Center stand inside the Key and attempt to rebound the basketball.

If the Guard misses the Free Throw, play continues. The Guard is not allowed to rebound his/her own missed Free Throw. If the Guard makes a basket on the Free Throw, the play is over.

Out-of-bounds:

If the basketball was last touched by the Point or Shooter (offense), the Guard gets a Free Throw attempt. If the basketball was last touched by the Center or Guard (defense), the Point in-bounds the ball from the middle of the Back Court to re-start the play.

Penalties:

None of the players anywhere on the court at any time during the play can use their feet or legs to stop or re-direct the basketball. Any illegal contact with the ball is considered a “kicking” foul.

The player with the ball is not allowed to double-dribble or travel without dribbling. These are considered “moving” fouls.

The Guard and the Center are not allowed to reach-in while the Point or Shooter is dribbling or holding the basketball or try to block a shot attempt. These are considered “defensive” fouls.

All players must “play the ball” only and avoid body contact with their opponent. Any contact by the opposing player, such as a moving block (defense) or a charge (offense) are considered “body” fouls.

Any contact with an opponent or the basketball when the player is out of his/her designated area is considered an “interference” foul.

To resume play after a foul is committed by the Point or Shooter (offense), the guard gets a Free Throw attempt.

To resume play after a foul is committed by the Center or Guard (defense), the Point in-bounds the ball from the middle of the Back Court to re-start the play.

Game Change: Five consecutive but separate plays make 1 quarter. Play is continuous play to play and quarter to quarter. After each 4-quarter game, the current players exit the court, and the players scheduled for the next game immediately take their assigned positions.

Scoring

Each game is self-officiated by the players. Each player scores individual points based on the player's performance on each play. Each player is responsible for keeping his/her own score. Players are encouraged to have a personal Score Keeper. (Refer to OptiHealth Basketball Score Card.)

Point: +1 for each "assist" (Shooter's baskets)

Shooter: +2 for each of basket

Center: +1 for each rebound

Guard: +1 for each of basket (made Free Throw)

-1 for each foul Fouls: Kicking
 Moving
 Defensive
 Body
 Interference